

Sell (E. H. M.)

COMPLIMENTS OF THE AUTHOR.

THE OPIUM HABIT;

Its Successful Treatment by the Avena Sativa.

A PAPER READ BEFORE THE NEW YORK STATE MEDICAL SOCIETY,
FEBRUARY 9TH, 1882, WITH ADDITIONS, GIVING A FULLER
DESCRIPTION OF ITS THERAPEUTIC ACTION
IN DIFFERENT DISEASES, ETC.

BY



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LEGAL SOCIETY, PHYSICIAN TO THE EASTERN
DISPENSARY FOR DISEASES OF WOMEN,
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THE OPIUM HABIT;

ITS SUCCESSFUL TREATMENT BY THE AVENA SATIVA.*

The subject which I desire to discuss to-day is of such vital importance, that I cannot expect to do it justice in the limited time allotted to me. If the practical facts, however, which I shall present, tend to awaken inquiry, and thus lead to beneficial results, the object of my paper will have been attained.

The remedy to which I shall call your attention is the *Concentrated Tincture Avena Sativa*, our common oats.

The avena sativa is one of the genera of the tribe *Aveneæ*, belonging to the natural order *Gramineæ*.

The avena sativa is a highly important grain, one of our staple productions. A most common variety is said to be indigenous to the Island of Juan Fernandez, while another sort, resembling it, is found growing wild in California.

According to Pliny (Hist. nat. XVIII. p. 17) it was known to the Egyptians, Hebrews, Greeks and Romans. However uncertain its native land may be, there seems to be no doubt but that the *Celts and Germans* cultivated oats along the Danube two thousand years ago. It was introduced into the North American colonies soon after their settlement by Europeans. It was sown by Gosnold on Cuttyhunk, one of the Elizabeth Islands, in Buzzard Bay, in 1602, cultivated in Newfoundland in 1622, and introduced by colonists on Massachusetts Bay in 1629.

CULTIVATION AND USES OF OATS.

Oats form one of the principal sources of sustenance of the inhabitants of Norway and Sweden, of a part of Siberia and of Scotland. In the latter country and in Friesland, its cultivation attains the highest perfection, and forms considerably more than half of the annual grain crops.

According to one analysis oats contain fully 7 p. c. of oil or fat, and 17 p. c. of avenine—a proteine compound, as the gluten of wheat—making together 24 p. c. of really nutritive matter. Davy found in 1000 parts of Scotch oats 743 of soluble or nutritive matter, containing 641 of mucilage or starch, 15 saccharine matter, and 87 gluten or albumen.

Mr. Norton's analysis demonstrates the pre-eminent value of oats, both to gratify the olfactories, to please the palate, to build up the bones, and to give body and vigor to the whole animal system. It seems most remarkable, that an article of so much importance, so extensively cultivated for many centuries, should escape the notice of medical men through all these years. Until recently, very little, if any, progress has been made in our knowledge of oats as a medicinal agent since the day of Pliny, when at least one variety of oats was cultivated on account of its superior fitness as an article of diet for the sick. Many works on *Materia Medica* and *Therapeutics*, among the most recent as well as the oldest, either do not mention it, or else speak of the *Avena Farina*—oatmeal—simply as an ar-

* Read before the N. Y. State Medical Society, Feb. 9th, 1882.

ticle of food, being somewhat laxative, hence appropriate in cases of habitual constipation from inertia of the intestines. Works of less pretension speak of a decoction of oats as possessing decided diuretic properties, and useful in dropsy and recent colds and coughs, and as poultices. All the uses of oats have evidently been taken from domestic practice. The decoction spoken of is known in Scotland by the name of *water gruel* and in Ireland by that of *oat-meal tea*. Certain botanical works speak of gruels and decoctions of groats or grits, mixed with water and good cow's milk as excellent for infants, so much so as to be one of the best possible substitutes for breast-milk; and either used plain or sweetened with sugar, or acidulated or acified, as acting admirably as demulcents, and as being therefore suitable in many cases of fever, inflammation, calculus, dysentery, diarrhœa and cholera. Plain gruel of groats is pronounced useful in clysters.

A small volume on domestic medicine, published in London nearly a century ago (1794), contains about as much on the medical use of oats, as all other medical works combined that I had time to consult.

It remained for Dr. Keith to prepare the active principle of the *avena sativa*, in 1858, and after having experimented with it in various classes of nervous diseases, to find that it had great stimulating powers. In 1874 the doctor had a concentrated tincture of the *avena* prepared for paralysis, from the effects of which he himself suffered for $3\frac{1}{2}$ years, and in three weeks, having taken the *avena* in 15 drop doses three or four times a day, he was not only free from paralysis, but relieved from many serious symptoms, both mental and physical.

I commenced experimenting with the so-called active principle, *i. e.* with the powder of *avena sativa*, in 1873, but the results were not flattering, whether due to the preparation or to my employment of the same I am unable to say. Later, however, after the concentrated tincture was prepared, and I had learned of the results of the above case, I commenced using the tincture, and have ever since found it a most useful and reliable remedy. I attribute to it the following properties: *Diuretic, slightly laxative, tonic, stimulant*, but especially *nerve stimulant*. It exerts a most powerful influence upon and through the nervous system. I have found it a most valuable adjuvant to other medicines, in the treatment of different diseases, but especially when the nervous and circulatory systems are at fault.

Many serious cases of the various female diseases gradually but slowly improved under one or more of the many uterine or ovarian remedies, if properly adapted to them, but frequently the patients would remark, that, as soon as the *avena* was extended to them, along with the other remedies, they found themselves grow fleshy and improve in health more rapidly.

It is an excellent substitute for intoxicating drinks, and will in many cases cure inebriety, provided the patient can be kept from his old associates. It is an antidote to opium poisoning, as verified in a case of attempted suicide by laudanum. Nervous headache and prostration, due to mental strain or worry, are easily brought under its curative effect. The *avena* possesses no narcotic or anodyne effect, yet it readily relieves many cases of insomnia. Some of the worst cases of neuralgia, including those forms so common in patients who suffer from hemiplegia, have been cured by this remedy.

Epilepsy has been brought under subjection by it more effectively than by other remedies, and traumatic cases in particular.

It is one of the best remedies in hysteria, melancholia, neurasthenia, and

in all forms of nervous prostration, whether caused by inebriety, by the abuse of tobacco, opium or morphine, by sexual excess, masturbation, or mental strain.

However interesting some of these cases are, to me at least, I shall forbear giving the history of any, being content to merely mention the fact that I am constantly using this remedial agent in such diseases with great satisfaction. I shall close my remarks for to-day by mentioning the last but not the least affection for which the *avena* has proven itself an efficacious remedy. It was during the summer of our centennial year, that I made what I consider a no small discovery in therapeutics, namely, that the *concentrated tincture avena sativa* is the very best remedy in the distressful, and in many cases hopeless, malady of the *opium* or *morphine habit*.

To show you that I do not overdraw the picture, and that I do not speak hyperbolically, you will indulge me while I relate a brief history of a few cases. To those of you who have seen a single absolutely bad case, I need not say, by way of preface, that such an one is worse than an inebriate. Most inebriates have lucid intervals, when they are not only good wives or kind husbands, but also thrifty; whereas an inveterate opium eater is a perfect blank to himself and to others, and of the two his drug is the more expensive.

1. *First*, then, look at the slave of this dreadful habit, made so by his own physician, who was supposed to be treating him for some neuralgic affection. The patient, a German of middle age, had gradually, at the end of three years, brought himself to this most deplorable condition, that he injected two large hypodermic syringefuls of Magendie's solution every three hours. These had to be injected amidst sores and ulcers, for he was literally covered with them, as the effect of the injections. These large doses of morphine, the minimum and maximum quantities actually used during the twenty-four hours being twelve and forty-eight or fifty grains, had no more effect upon the patient than to produce fifteen minutes of sleep with his eyes wide open. He kept to his bed, and was a constant burden to himself and others. All attempts at curing him of this lamentable habit utterly failed. The *avena* was given him in twelve to twenty drop doses, being ordered at once to reduce the quantity of morphine one-half, and as rapidly as possible to stop it altogether.

When two drachms of the *con. tinc. avena* had been administered, I was informed that the patient slept the greater part of the time, fully two hours at one time, and now with his eyes completely closed. Although this looked very encouraging, the patient was not cured, and perhaps simply because people did not wish to have him cured; all I positively know is that they refused to procure and give him the remedy.

2. The *next* case is a Mrs. L., middle-aged, who had been the slave of this habit for seven years, and had taken twelve grains of morphine daily; she was radically cured with the *avena*. Her history is briefly this: For a number of years she had been troubled with pain in her back, together with soreness and weakness in her bowels, suffering at times very much. She consulted physician after physician until she had seen seven, and here comes the old story again, none was able to relieve her pain save by morphine, and thus they not only did not cure her of her ailments, but made her infinitely worse, by making her the slave of a most cruel taskmaster from whom they could not release her. After suffering the most intense pain, at times so severe that she could neither walk nor stand, using the different remedies prescribed by her physicians, besides liniments and strength-

ening plasters to no purpose, until she many times thought she would prefer to die to taking the morphine all her life, she became utterly heart-sick and discouraged. At last an advertisement of one of the so-called opium curers fell into her hands, and then she, like a drowning person catching at a straw, took Dr. B's dirty looking morphine preparation for four months, for which she paid eighty dollars, after which she discovered that she was no nearer being cured than the first day she took it. This discouraged her more than ever, and she concluded that she never would try to control the habit again, but continue it and die as soon as possible. However, in the summer of 1876, being very sick and confined to her bed (I happening to be in the town where she lives), she called me to see her. I treated her other ailments, and at the same time gave her the *avena* for her morphine habit, and six months afterwards she writes me:

"I have not taken a particle of morphine or anything of the kind since the first day I saw you. The *nervine* (*avena*) took the place of the morphine, making me comfortable and keeping my nerves quiet. At the end of two weeks I got along nicely without the *nervine*. Under your treatment I have regained my health. I have not been as well for ten years. I feel twenty years younger, and weigh twenty-five pounds more than ever before. I can hardly realize to-day that I have not taken any morphine in six months, after I had taken it seven years. I am now able to do my own housework, and feel well."

3. The *next* case has been treated by Dr. W. A. D., of Bloomington, Ill., and I will let *him* give you the facts of the same. On Sept. 20th, 1881, he wrote to me as follows: "After the lapse of two months I write you the results of the use of the *avena* in the case of my wife. You will probably recollect that I stated that she had used morphine for twenty years, that she took an ounce in 15 days (being 32 grains per day), and that she seemed a perfect wreck, as you can readily suppose.

"After receiving your kind letter in reply to my inquiries, I sent for the tincture and commenced its administration in accordance with your suggestions, and have the extreme satisfaction of reporting complete success—that the patient has used no morphine since she commenced the tincture, except for the first two weeks, when she occasionally took small amounts to relieve extreme distress. Since that time she has used none—now two months.

"She is much improved, both mentally and physically, and indeed is hardly like the same woman, and really bids fair to become her former self.

"I consider it one of the most remarkable cures on record and must do myself the justice to tender to you my sincere thanks for the kind letter and suggestions which I received from you.

"If you should feel interest in further investigating the case, I will be most happy to hear from you at any time."

In reply to a letter of inquiry from me, he wrote, Oct. 1st, 1881, thus:

"My wife is 46 years old, is slender, rather tall, light complected. Was taken in the summer of 1858 with what was thought to be scirrhus of the stomach, and morphine was found to be a palliative, and *as such was continued* until the drug produced its *own disease*, which has kept the "*castle*" until it was *routed* by the use of the *avena*. About the 1st of last June I commenced the administration of the medicine as you so kindly suggested, and since which time she has used no narcotic, except during the first two weeks, as before stated, since which time she has used *none*,

and for the last month has used none of the *avena*, and to-day is improved beyond the most sanguine expectations of her friends, both mentally and physically. When I commenced to give her the *avena*, I felt and said if it cured her, it would certainly cure any case of opium habit, and I still think so."

Feb. 1st, 1882, the Dr. writes: "My wife is radically cured of the opium habit; has used none since June last."

4. I shall relate but *one more case*, treated by Dr. J. G., of Blue Grass, Iowa. I shall give some of the facts contained in letters dated Oct. 26th, 1881, and Jan. 27th, 1882. "Please accept my thanks for the information I have already received from you relative to the *con. tinc. avena sativa*.

"I have one of the most remarkable cases of the *opii-morphiæ mania* that I have seen on record. The patient has been a slave to the habit for over 16 years. He has been using sulph. morphia from 20 to 40 grains *per day*, *two drachms* lasting about *three days* on an average.

"He has been trying every remedy that he has heard of—he has tried some eight or ten different doctors who *claimed* to have cured every case treated.

"The first one was a Dr. S. Collins, of La Porte, Ind. The first *thirty dollars* sent him for a *cure* did him more harm than good. Sixteen dollars more were sent for a new supply, which acted no better, but dried up the secretions so much that he was compelled to abandon its use. A Dr. Squires, of some point in Indiana, received the next *five dollars* for a trial bottle of medicine, which contained morphine and had to be abandoned on account of the high price. Berien Springs, Michigan, was the next place of note, but *sixty-five dollars* spent there left him no nearer cured than when he commenced.

"Dr. Beck of Cincinnati, Ohio, received the next *one hundred and thirteen dollars*, but with his slushy-looking medicine, containing morphine, the patient was still compelled to use a certain quantity of morphine about eight or nine times every twenty-four hours, and hence had to abandon the Beck remedy. He has tried others and has spent a large amount of money. The *avena* meets more nearly the requirements than anything he has ever tried. It satisfies and dissipates all desire for morphine, but he has paroxysms of weakness, which he himself expresses as an entire *goneness* and an unearthly feeling and restlessness at night; at such times he resorts to morphine, one dose of which soon allays that weakness, its influence often lasting 36 hours. I tried sulph. quin. and other salts of cinchona, but they seemed to aggravate his weakness or prostration. But for these two troubles he would feel perfectly happy. If you could suggest anything to aid in overcoming them, the victory would be ours. Should we succeed, it will be the greatest victory yet obtained."

This victory, gentlemen, I believe will be obtained in this case as soon as the remedy is properly given and sufficiently pushed.

The ordinary dose and frequency of taking this remedy, will not suffice in such a case as I have just related. In cases of extreme debility, and as a rule in cases of paralysis, as well as in most of the diseases to which I have summarily referred, a dose of from six to thirty drops three to four times a day will suffice, about half an hour before each meal in hot water, and in cold water at bed-time. When given in *hot* water its action is almost immediate.

In the *Opium* or *Morphine habit* as well as in *Inebriety* or *Alcoholism*, the

best rule is to give the *avena* in hot water with the same frequency that the patient was accustomed to take his opium or morphine, *i. e.*, as often as the system demands it, and in doses sufficient to produce the desired effect. As all cases do not require the same amount, trial and experience will be the best guides. It is necessary, however, to bear in mind the physiological action of this remedy, which is to produce congestion of the base of the brain. A *fullness* at the *base* of the *brain* will indicate that the *dose* dare *not be increased*, and a *pain* in that region suggests that an *overdose* has been given. The diminution of the dose regulates itself by the above symptoms. As long as the system demands the remedy it must be administered in doses sufficient to supply that demand, and whenever given in larger doses than required, it will manifest itself by its symptoms. Dr G. of Iowa informed me, Jan. 27th, that the *avena* did not affect his patient, as it does most people, indicating that he had not yet supplied his demand, and hence, most likely, the "restless nights" and "weak spells."

Let it be borne in mind, that it is not proposed to cure all manner of diseases by the *avena*, much less such diseases as have generally been held to be incurable. Let the physician use his intelligence and ingenuity in administering remedies which will actually relieve the malady, instead of giving opiates which are generally mere make-believes, and leave the disease no better, and the patient in most instances worse, for having taken them. It is a grave question with me whether all the good that opium has ever done can be compared with the mischief and intense harm that its abuse has inflicted upon the human race. There is an awful responsibility resting upon those who have been aiding and abetting in constituting and establishing a large army of miserable wretches, who are enslaved soul and body by this direful opium habit.

Any remedial agent, then, that will aid us in breaking the bonds of this opium slavery should be hailed by the medical profession as a most welcome guest. And however the medical profession may view this subject, for myself I feel as though I had not lived in vain were I to have accomplished nothing else in life than to have discovered that the *avena sativa* is a cure for the "opium habit" unless the patient is afflicted with some other incurable disease, and even then by far the majority will get along better and live longer without than with opium, provided they receive proper treatment. I invite thorough and faithful investigation of this remedy; and correct reports of cases treated thereby, whether favorable or unfavorable, will be thankfully acknowledged. My favorable results stand thus far corroborated by the two typical cases herein reported, the *one* treated by Dr. W. A. D. of Illinois, the *other* by Dr. S. G. of Iowa.

Since this paper was prepared the following case came to the notice of the author:

Dr. G. E. S., of Cleveland, O., writes, February 20, 1882, as follows: "I see by reading the proceedings of the New York State Medical Society that you read a paper upon the medicinal effect of the *avena sativa* in the cure of the opium habit. I have a case of that kind which I have not succeeded in curing, and I would like very much to get your experience with that drug. The case is not very bad as yet, as only about two grains of morphia is used daily, but it seems as hard to break the habit as if more were taken. I will give you the history of this case from my note-book, as follows: G. B. C., male, aged 58 years, began the use of

morphia two years ago to allay the pain in chronic rheumatism. He began by using one-fourth to one-half grain twice per day, but gradually increased until he got up to two grains per day, which dose he has been taking during the last six months. About the 1st of February he applied to me for assistance to break the habit which at this time had got complete control of him. Although he said he would not increase the dose on any account, yet there was a strong tendency that way. When he stops for a day he claims the pain is as bad as ever. Please let me hear from you on this subject." March 24, 1882, the doctor writes: "Time has now passed sufficiently long for me to give a full statement to you relative to my opium patient. I procured the remedy, and used it as follows: I ordered fifteen drops, to be taken as often as he felt the desire for the morphia. He took the *first* day four doses of fifteen drops each, without any morphia. *Second* day same size and number of doses, but in consequence of the severe pain and lack of the morphia stimulant he took one-fourth grain morphia. *Third* day I increased the avena to twenty drops four times and no morphia. *Fourth* day, same amount and one-fourth grain morphia was taken. *Fifth* day, avena the same and no morphia. *Sixth* day, twenty-five drops three times and no morphia. No morphia has been taken since the fourth day, but three doses per day of the avena up to the 20th of March, since which time he has discontinued the medicine altogether. I am satisfied that if a patient will steadily pursue the course of treatment with the avena he can rid himself of this most terrible habit. I hope others will be induced to try this medicine, and report their experience with it, that the profession may know that there is hope for those afflicted with this disease, for it is nothing more than a disease." April 1st the doctor writes: "The patient still suffers with rheumatic pains, but feels himself perfectly cured of the opium habit."

When my paper on the opium habit, first read at the meeting of the New York State Medical Society, was afterwards published in the *Medical Gazette*, I fully expected that its conclusions would meet with several objections. The medical profession, on the one hand, knows how utterly hopeless the vast majority of the victims of this habit are, whether treated in or out of an asylum, whether in the hands of those whose medical skill is undoubted, or in the hands of the sheerest charlatan, whose only solicitude is to obtain the money of his unfortunate dupes. On the other hand, new remedies have of late become very unpopular with the profession at large, and not without cause. Any new remedy, therefore, and especially a remedy for the opium habit, must expect to be severely tested before it can hope to be generally accepted. I am, therefore, very agreeably surprised to find so few serious opponents; and if I have waited so long before replying to them, it was with the expectation of hearing from others, so that I might answer all, if possible, at one time. So far, indeed, I have seen but one paper which calls for any answer. I refer to Dr. Kane's article, which appeared in the *Medical Gazette* of May 20, 1882. In order that the reader may perfectly understand the points of difference between Dr. Kane and myself I reprint the Doctor's article, which I shall then answer in detail.

AVENA SATIVA AS A SPECIFIC FOR THE OPIUM HABIT.

BY H. H. KANE, M.D.

Almost since the first record of the opium habit appeared in the famous "Opio-logia" of Wedel or Wedelius, in 1674, the history of the subject has been punctuated, here and there, by the appearance of various specifics by means of which a rapid and easy cure of this affection was assured. The uniformity with which these much-lauded nostrums or simples failed to accomplish that which was claimed for them seems to have been their distinguishing feature, and this peculiarity holds good in the case of those so often discovered at the present day. Not alone the history of this habit but that of medicine teems with records of the birth and death of just such specifics, and the severe blows thus often administered were unquestionable factors in so shaping the professional mind that rational medicine was able to attain and retain a foothold.

Had the cause of these so-called specifics been championed by the weak-minded, ignorant or vicious members of the profession alone, we should feel less surprise than we do when we know that men whose ability and honesty were undoubted had, like the less able and less honorable, been their strong upholders.

To those who have studied the subject of the opium habit at all carefully or thoroughly, the fact that no one remedy can prove specific in the conditions that arise in the course of the sudden or gradual withdrawal of opium or morphia from one accustomed to its habitual use, is at once apparent. For we recognize during habituation, either a condition of diminished functional activity in the spinal and increased functional activity in the sympathetic nervous system or the direct opposite, according to the length of time taken, the amount used, idiosyncrasy of the individual, &c., &c., passing at once, on deprivation, into a state (a) of sympathetic and cerebro-spinal irritation (b) of sympathetic paralysis and (c) of a return to the normal through a regularly graded stage of irritation or hyperstimulation of the sympathetic. That any one remedy can meet and wholly overcome or prevent the appearance of the symptoms indicative of these conditions, is, upon the face of it, absurd. The very fact that this remedy is curative in both paralysis and epilepsy of traumatic origin should be sufficient to show that its physiological action must be such as to negative its usefulness in the opium habit!

In the cases offered by Dr. Sell as proof of the efficacy of *avena sativa* in the treatment of the opium habit we find several of the usual sources of error. In the first place it has been proven beyond any question whatever that the word of a patient and that of a patient's friends (whom she so often deceives), must never be taken as worth anything in matters of this kind, more especially as regards the question of the amount of morphia used, and the freedom of the individual from the vice. In one of his *four* cases, a very meagre showing upon which to base a claim for the specific action of any remedy in this affection, Dr. Sell takes the patient's word, in another that of the patient's husband. If the doctor at the time of writing his article knew as much of the case of Mrs. L. as I do,* I do not think he would have offered it in his paper. What is meant will be seen from the following letter just received by me from a reputable and accomplished medical man who resides and practices his profession in the town where Mrs. L. lives.

"DEAR DOCTOR:—I have some doubt if Mrs. L., to whom Dr. Sell refers, was ever in the habit of using opium very largely, though very likely habitually.

"Mrs. L. is now getting from one of our druggists about every three weeks a cholera mixture containing

B Tr. op.....	j
Tr. camphor.....	j
Tr. capsici.....	jss
Ess. menth. pip.....	ss

"If this is all, the use is very moderate but still habitual, she having done this for three or four years at least. Of course the purchase does not prove that she uses it, but from the knowledge I have of the family and their surroundings, I have no doubt she uses it herself. I do not believe that she uses the drug very largely, but she may alternate between the druggists here (two) and so use double this quantity. Dr. Sell was here some six years ago. The cure was of very short duration.

* Dr. Sell, at my request, very kindly gave me the name and address of Mrs. L.

"Mrs. L. is an excellent woman, widow of a clergyman, and is in very moderate circumstances, which may account somewhat for the moderate use of the drug," &c.

Cases 1 and 3 prove absolutely nothing.

Thus the efficacy of *avena* in this affection rests upon one case, the history of which is incomplete and unsatisfactory, and lacking that kind of proof that is necessary in so important a matter. To be absolutely certain that a person addicted to this habit is using no morphia, he or she must be in some public institution, having been thoroughly searched prior to or just upon entering, must be under the care and watch of a skilled nurse, day and night, for at least one week, and be seen several times daily by a physician who understands just how every particle of morphia influences pulse, temperature, pupil, urine, mental activity, &c., &c. Even then the cunning of the patient, far surpassing that of insanity, may serve to outwit the physician for a day or two.

Patients on entering our institution for treatment have had morphia concealed in the rectum, vagina, hair (women), sewed into the waist-band of dresses, lining of corsets, and other parts of the dress. It has been cleverly substituted for the lead in a pencil, ink in stylographic pens, colored and used as tooth powder, and in many other quite as curious ways. This, too, in the case of those who came voluntarily.

My attention was called to *avena sativa* about a year ago, and since that time I have tried it alone and with other remedies, in large and in small doses, in hot and in cold water, in mild cases and in severe ones, and *invariably* without any appreciable effect in any way modifying the period of abstinence. In not a single case was a patient able to substitute the *avena* for the morphia, even when taking as little as four grains of opium daily, by the mouth (in the form of paregoric).

Against the four (three of which are wholly worthless), all of which are loosely observed and regarded, offered by Dr. Sell as evidence in favor of *avena*, I offer 29 cases, from which, as nearly as was possible, every known source of error was eliminated. In not one did I obtain any benefit, and the temperature of the period of abstinence, that most delicate test, fell, suddenly rose, remained stationary, to fall gradually if no morphia was given (very rapidly, and below the average if any was obtained by cunning), until the temperature of health was reached, wholly unaffected by the use of large or small doses of *avena*. So, too, the pulse. I would say further that several of my nurses have watched these cases with me and can testify to their accuracy.

Even in the opium smoking addiction, that easiest of all forms of the habit to cure, no benefit was experienced. Indeed, no effect whatever.

If the *avena* was what is claimed for it, its value to the poor, helpless victims of this habit would be incalculable, and no one would welcome such a remedy more heartily than I would. It is and has been my daily labor and experiment, and my nightly thought, for the past four years, to discover some such agent, and if I thought that it existed I would gladly close the doors of my institution and publish to the world this remarkable advance in therapeutics. I am here in no way endeavoring to impeach Dr. Sell's veracity or honesty of purpose, but I simply claim:

1st. That he has not tried the remedy in enough cases (even if all four were successful) to establish the virtues of the drug.

2nd. That the four cases are, for many reasons, inconclusive and have led him into error, and,

3rd. That Dr. Sell's mode of investigating and experimenting, his use of the drug in other cases, and his reasoning from them, are unscientific and unreliable.

In conclusion, I would say that I have patients here now upon whom the drug has recently been tried, and who can now be seen; that there are others here who would willingly try it until their sufferings became unbearable (which should not be the case if the drug is what is claimed for it), and that any information bearing on this question will be thankfully received and duly sifted.

THE DE QUINCEY HOME, NEW YORK CITY.

To begin with, I want to affirm, once for all, that in recommending the *avena sativa* as a remedy for the opium habit, my object was not to further the interests of any manufacturer of drugs, and much less to patronize a secret nostrum sold at an immense price. The facts are simply as follows: As early as 1873, I began experimenting with the *avena sativa*, the formula of which drug having since been published, the remedy is in no sense of the term a nostrum. After repeated experiments, I found that it possessed important medicinal properties, one of which is a powerful nerve stimulant. The possession of this property led me to use the *avena sativa* in cases of the opium habit, and the result proved a uniform success in all instances in which the remedy could be properly administered. This result was verified at the time by at least two other physicians, *and that is all that I claimed for the avena sativa* in the paper which I read before the New York State Medical Society.

Such being the facts in the case, I can only regret that my objector should be at the head of an asylum for opium eaters, a position which, while it may qualify him, in one sense, to write on this subject, in another evidently disqualifies him. But I shall not enlarge on this subject.

This said, I will examine the different points which my opponent has tried to establish. First, let me disclaim ever having called the *avena sativa* a specific in the opium habit. The readers of my paper will remember that I simply spoke of "its successful treatment by the *avena sativa*," notwithstanding that ordinary usage would have permitted me to make that claim. Thus we hear quinine called a specific in intermittent fever; and yet who does not know that many cases cannot be cured by it, at least not by it alone. It is so with *avena sativa*. It will require a long time, and a considerable number of cases to be able to state with any certainty what proportion of cases can be cured by the *avena sativa* alone; what proportion requires the aid of other remedies, and what proportion (if any such cases exist; for I have yet to learn of any, certainly) may not receive much, if any, benefit from it.

What my opponent calls "absurd," in this connection, has been accomplished in the cases reported, and in those which I am about to report. In such cases, clinical facts upset all mere theorizing. That the fact that this remedy is curative in paralysis and epilepsy of traumatic origin should necessarily "negative its usefulness in the opium habit," is not only disproved by the clinical facts adduced, but a first term medical student knows that a great many medicines are useful in many diseases, and frequently in those of opposite nature. I hardly need to cite examples, for these will readily present themselves; yet I will mention one. *Ipecacuanha* is an excellent emetic, and yet it is one of the very best remedies to allay emesis, as also a powerful sedative, not to mention an almost endless variety of other uses, depending altogether upon the dose in which it is administered. My paper was addressed to a learned profession, and hence I saw no necessity of entering into the minutiae; and the reports of successful cases show that I have not been mistaken in my conclusions.

Now, a few words concerning my published cases. My readers will certainly determine for themselves whether even *case 1* "proves absolutely nothing." I allege that it proves all I meant to prove by it. Wishing the profession to learn the whole truth about the *avena*, I offered this case as one that this drug had failed to cure, giving the reasons therefor. Judging from the salutary effect of a very small quantity under such circumstances, it was not saying too much when I affirmed my belief that

it would have cured the patient had the poor man only been able to obtain and take it properly.

In regard to *case 2*, I am really sorry for Dr. K., that, notwithstanding his labored attempts to prove the contrary, it still stands to-day a living monument of the perfectly curative power of the *avena sativa*. My opponent was greatly mistaken when he said that I would not have offered this case in my paper if, at the time of writing, I had known as much of it as he did. What did he know of it then? I confess myself unable to answer so simple a question, and my readers will probably see at once that they are in this respect no wiser than I am. In his article, Dr. Kane asserts that Mrs. L. has never been cured of her opium habit, that she still uses a tincture of opium, and that her case proves nothing. On the other hand, in a letter to the patient, he congratulates her on her "deliverance from the terrible curse of morphine taking." In the presence of such a complete contradiction, I ask, is it not better to accept the patient's own version of her case? And here is what, at my request, she says of herself, writing under date of June 5th, 1882:

"Thirteen years ago, I first commenced taking morphine to relieve me from pain and disease brought on by constantly working beyond my strength. It was necessary for me to make every effort to support my family, and the only relief I found was in taking morphine. I continued it in all seven years. I made several attempts during that time to free myself from it. I applied to a number of physicians for help, but none of them knew of anything that would take the place of opium. I heard of Dr. Beck's medicine and tried that till I had paid him eighty dollars, without receiving any benefit. I was completely discouraged and thought I would not try anything more. What I suffered in both body and mind I can never describe to any one. A short time after this, Dr. Sell came to G—. I thought I would make one more effort for health. I sent for him and put myself under his care. He treated me for my disease, and at the same time gave me his opium cure (the *Avena Sativa*), which sustained my nervous system so that I felt no need of morphine. In about two weeks' time I got along without the *avena*. I was a month or two in getting my natural strength. The account Dr. Sell gave in his paper of Mrs. L. (that being my case) was strictly true. At the time I called Dr. Sell, I was taking half a teaspoonful of morphine powder twice a day regularly. It is now nearly six years since I was cured. I have never gone back to the old habit and never mean to. Although I have been cured from taking morphine I am not exempt from all sickness. I sometimes have to take medicine the same as other folks. There is a physician in New York that seems to have an idea because I have taken cholera mixture when needing it, that I have never been cured. Between one and two years ago, if my memory serves me right, and I think it does, I first heard of cholera mixture. I bought some and used it in the family when needed by any of us. I was attacked last summer with a diarrhoea that lasted till cold weather; during that time I took considerable cholera mixture till I was convinced it would not cure, but only help me while I was taking it.

I was afraid so much hot stuff would injure my stomach. I went to my physician and got something that regulated my stomach and bowels and acted as a tonic. Since then I have felt quite well. I am not taking cholera mixture now, or anything of the kind, and have not for five or six months. If I wanted to take opiates steadily, I should send to New York and get morphine, and not run the risk of taking such fiery medicine very

long. Should I see anyone wishing to be cured from opium habit, I should advise him to give the avena a fair trial. *It has cured, and I believe it will again, if the physician understands using it.* Don't take anyone's word, but try it for yourself; then you will know. *I am entirely satisfied with my cure."*

At my request, Mrs. L. has made the following affidavit in reference to her case:

STATE OF NEW YORK, COUNTY OF SUFFOLK, ss.:

Mrs. L. ———, being duly sworn, says that the contents of the above statement are true in every particular. MRS. L. ———.

Sworn to before me this }
5th day of June, 1882. }

S. B. H., Justice of the Peace for Suff. Co.

Under the circumstances, I submit whether so plain and definite a statement should not be accepted as final. But to leave no objection unanswered, I shall comment on the several special points made by my opponent in reference to this case. First, then, a "reputable and accomplished medical man" (whose name and initials are withheld) "has some doubt if Mrs. L. was ever in the habit of using opium very largely, though very likely habitually." Now, it would be very desirable that this "accomplished" gentleman should give his reason for his doubt. The patient, whom he calls "an excellent woman, widow of a clergyman," who alone absolutely knows, says: "I have taken one of those little bottles, like the one I gave you" ($\frac{1}{8}$ oz.) "in five days." If this is so, she took *twelve grains daily*. She further declares that, besides one lady friend and those who sold her the morphia, not another person to her knowledge knew that she was taking any morphia at all. The only legitimate conclusion to be drawn from all this is, that so long as my opponent's informant does not state any better reasons for his opinion, we are bound to take the patient's own word; for in saying that the "moderate circumstances" of the lady may account for the small quantity of morphine which he supposes her to have taken, he only proves that he knows nothing of those addicted to the opium habit.

The same informant further tells us that "the cure was of very short duration." Now, his own admission proves this false, even if all his assumptions and statements were true. He reports her as "now getting from one of their druggists about every three weeks a certain cholera mixture, she having done this for three or four years at least." For argument's sake let this be granted. The patient having been cured in 1876, there must have been a period of *two or three* years at least during which she *remained cured*. Does this "accomplished medical man" call that of very short duration? When a patient remains cured for two or three years, I was always under the impression that, especially in a cure like the present, his physician had the right to claim that he had cured him. Of course such a cure does not imply that the patient may not have a relapse. During an interval of two or three years a person might get sick very many times, and yet have been cured each time. A person might even have measles, scarlatina or smallpox twice during that space of time. It is precisely so with the opium habit; a fact which, however elementary it may seem, my learned opponents appear not to know.

But I must go further, and deny that Mrs. L. ever used any medicine since her cure, in consequence of any remaining desire for opium. Can my readers believe that she or any other patient would take a mixture

containing, as we are informed, one ounce of laudanum in a four-ounce mixture, the balance being one ounce of tincture of camphor, one ounce and a half of tincture of capsicum, and half an ounce essence of pepper-mint? This a patient might do if he could not procure an opiate in any other form; but this was not and is not now the case with Mrs. L. As long as she was a slave to this habit, she managed to obtain the morphia in large quantities; and she did this for seven years, when she had to provide for three small children. Now her children are grown up, the youngest being fifteen years of age, and are of service to her. If she still were taking the drug, would she not now procure the morphia as before? And why should she buy camphor and cayenne pepper instead of morphia or laudanum by itself? Candidly, the story is too absurd in itself not to bear its own refutation with it. But we are not left to our own inferences in regard to the purpose of this cholera mixture. Mrs. L. freely admits that she has used this mixture, not indeed during three or four years, as charged, but, so far as herself is concerned, only during the hot weather of 1881, as will appear from her statement given herewith. Now, this is all there is in regard to Mrs. L.'s case.

In regard to case 3, we are also told that it "proves absolutely nothing," for the reason that I had accepted the "husband's" word in regard to it. In reference to the general principle involved in this objection, I wish to say that I am fully aware of the precautions with which must be received the statements of opium patients about themselves; and to a certain extent I would say the same of statements made by the friends of such patients. But the case is already very different, when these unfortunate victims personally desire, like Mrs. L. did, to be delivered from their bondage, or when their friends seriously endeavor to benefit them; and hence, when Dr. Kane says that "to be absolutely certain that a person addicted to this habit is using no morphia, he or she must be in some public institution, having been thoroughly searched prior to or just upon entering, must be under the care and watch of a skilled nurse day and night, for at least one week, and be seen several times daily by a physician who understands just how," etc., I must beg leave not only to affirm that he wholly exaggerates the matter, but also that he unfortunately seems to plead for his personal interests rather than disprove my claim. Further, if it is true that in this case I accepted the word of the patient's husband, it is also true that this husband is an able physician of long and varied experience, who naturally is not only anxious that his wife should be cured, but, also, for the very reason that he is the patient's husband, enjoys unusual facilities for study and observation. Really I cannot understand why his word should not be final in this case. I will dismiss this case by quoting a letter from Dr. W. A. D., who writes May 15th: "I would say that it looks to me like folly to labor to prove any fact to a man who is determined not to admit facts when reasonably set before him. Although I am not personally known to the gentlemen (of the De Quincy Home), yet it must be difficult for them to see what motive I could have in stating other than the simple facts in the case. I will further state that it will be entirely satisfactory to my wife and myself if one or both of the doubting doctors would call and investigate the case in person; we are not very particular about secrecy. They can find my office and residence," ——— giving it in full. "Although I am not inclined to bestow much labor on such skeptics, yet, if they shall see fit to call or write me in relation to the matter,

for your sake I will try to give them all the information I have on the subject." As to the existence of a doctor at Bloomington, Ill., having the initials W. A. D., the following letter from the postmaster of that place will suffice:

BLOOMINGTON, ILL., Sept. 11, 1882.

Dr. E. H. M. SELL.

DEAR SIR:—In reply would say that I do not remember what was in the letter sent me, in which the inquiry about Dr. W. A. D. was made. I do not think that the initials were W. A. D.; as I know Dr. W. A. Dunn very well, I would have thought of him. I have known Dr. Dunn as a practicing physician for the last ten years. He is a physician in good standing here.

Truly yours,

GEO. F. DICK, Postmaster.

Cases 4 and 5 not having been questioned, call for no further remark here. I shall, however, in support of what I had reported in reference to case 5, append an extract from a letter since received. On May 13, 1882, Dr. G. E. S. writes as follows: "I know the party so well that I am satisfied of his integrity, and as he was a particular friend of mine, and called upon me for treatment, I can see no cause for his trying to deceive me. If I had solicited him, knowing his habit, and urged him to break off, it would have been a different affair altogether. The whole amount taken was three ounces. He took upon an average about four doses a day, from 15 to 25 drops; some days he took six doses, but other days only three, and finally only two. The time consumed in taking was some three weeks, or perhaps better say four, as he would leave off entirely through one day, and then take a dose the next, so that I presume it consumed in all four weeks. If Dr. Kane calls upon me for information, he will get all he wants, but he must not question my veracity, or that of my patient, if he wants information. I am not, at my age, and after 32 years' practice, willing to allow my truthfulness to be questioned by any one."

In reference to the twenty-nine cases of non-success reported by Dr. Kane, I have the following remarks to make: *First*, granting that those cases were all unsuccessful, no number of such cases disprove the positive cases which I have reported. *Secondly*, to give a personal opinion on them, I should, in a case like this, want to superintend the giving of the medicine myself; and, *Thirdly*, I hereby offer to take any one of these twenty-nine cases and treat it myself, but here, at New York, and under my own supervision, and thus test the virtues of the drug which I recommend. And let me say here, that the privilege which I thus claim for myself, I am willing to accord to any other member of the profession. I court the fullest and closest examination of the cases which I have reported, and in that view I have written to the principal patients requesting them to afford such investigators all facilities within their power. All that I ask for is, that they shall be investigated in the same spirit as all similar cases are investigated.

NEW CASES.

The foregoing is what I had to say in regard to Dr. Kane's criticism, and I think I may claim that the successful cases thus far reported fully justify the language which I used in my first paper, namely, that "any remedial agent that will aid us in breaking the bonds of this opium slavery should be hailed by the medical profession as a most welcome guest." But the virtues of the *Avena Sativa*, fortunately for the poor sufferers of the opium habit, do not rest only upon the cases mentioned heretofore. In proportion as the drug becomes known, new cases are constantly reported from all parts of the country.

My further experience during the past thirteen months has taught me to appreciate this invaluable remedy even more highly than at my first writing. I cannot possibly praise it too much in very many diseases, and especially is this true in the great majority of gynecological cases, *e.g.* in dysmenorrhœa, irregular menstruation, want of vitality or nerve force, bad circulation, cold extremities, nervous restlessness, sleeplessness, headache, neuralgia, hysteria, melancholia, etc. I shall forbear giving the history of any one of these cases, though many of them are very interesting. I must, however, speak of two cases of epilepsy, the only two in which I have, so far, had occasion to try the *Avena Sativa*. In the one—a man 57 years of age—the *avena* had most signal effect, gradually lengthening the intervals and modifying the attacks, which could generally be warded off, provided the *avena* was timely extended to the patient. In the other case, the *avena* would also ward off the attacks, but the lady was lost sight of before a fair trial had been obtained. I shall now subjoin several of my cases, to be followed by those of others:

Mrs. E. D. P., æt. 62 years, sister of a Governor and U. S. Senator of a neighboring State, who seems to have inherited what may be termed a nervous sleeplessness. Her mother had suffered all her life from insomnia, and, though she lived to a ripe old age, she died suddenly, as her physician and family thought, from the effect of her sleeplessness, her nervous system being literally worn out. The subject under consideration seems to have inherited her mother's nervous and sleepless condition; for, as a child, it is said, she slept very little—much less than other children. Thus she grew up to womanhood, is the mother of a large family, and says that she does not remember when she had a whole night's sleep. But of late these symptoms became alarming to her, fearing the fate of her mother. For many nights she absolutely obtained no sleep at all, and never more than *one or two* hours, between one and three o'clock in the morning. This statement is corroborated by her husband, who is a highly respected clergyman. She consulted me Nov. 28th, 1882, and I prescribed her the *con. tinc. avena sativa* in from eight to twelve drops four times a day. The second night after taking it she reported she had had a good sleep, and after a few days the physiological action of the medicine, namely, a fullness and pain at the base of the brain, manifested itself, when she was ordered to reduce the dose to six drops. This quantity she took four times a day for three weeks, since which time she has taken none, and reports herself now (March 11th, 1883) a good sleeper. This case being such a remarkable one, I deem it unnecessary to cite any others, and shall only state in a general way that in quite a number of other cases

the *avena sativa* established itself as a most excellent hypnotic, without presenting any evil effects.

L. M., Englishman, middle-aged, butler, had delirium tremens in his own country; called at my office August 26, 1882, saying that he had been drinking hard for about ten days, commencing with beer, which was followed by whisky, brandy, etc. He was in a highly nervous state, shaking like an aspen leaf, spoke with difficulty, and was evidently bordering upon an attack of *delirium tremens*, which he was fearing. I at once administered to him twenty-five drops of *avena sativa*, which were soon followed by twenty, and these by fifteen drops. All three doses were administered in hot water, and at the end of about twenty minutes my patient was perfectly calm and natural, his trembling hands had become steady, and he left saying that he was now able to attend to his business and was going to write a letter to his wife.

W. L., æt. 24 years, lawyer, very nervous, despondent, melancholy, and sometimes morose, partly due to disappointment and partly to hard study. Commenced to take the *avena sativa* in December, 1882, in ten drop doses before each meal. After taking it for six weeks and a half, he writes, March 13, 1883: "I found that the *avena sativa* had a peculiarly reviving effect; relieved the mind from depression; filled me with new hopes and aspirations; in short, had a strengthening power over my nerves which was quite noticeable to me."

J. N. S., æt. 70, male, light complexion, accountant. General health good, excepting double inguinal hernia for years. An inveterate user of tobacco. Was taken with complete facial paralysis on the left side in early part of August, 1882. So severe was his affection that his mouth was drawn half way to the ear; had lost all control of his eyelids on that side; could only articulate with great difficulty. Commenced taking the con. tr. *avena sativa* about the 15th of December, 1882, in ten to fifteen-drop doses four times daily in hot water, gradually increasing it to one teaspoonful four to five times a day. At present writing, face of the patient is nearly normal; can laugh, expectorate, and has almost full control of his eyelids. He is now gradually decreasing the dose. The patient could not wear any truss, although he tried different makes, and was obliged to wear a contrivance of his own, and even this subjected him to considerable discomfort on account of the soreness and inflammation which it produced. This, however, has been entirely relieved since the use of the *avena sativa*, the only medicine he has taken since he first began. Another important fact worthy to be mentioned is that the patient had tried at different times to break off the habit of using tobacco without success, until he began the use of the *avena sativa*.

J. B., 22 years old, male, had taken laudanum (tr. opii) for a number of years in increased doses, until he took two ounces daily. Gave the con. tr. *avena sativa*, in hot water, in such quantity and with such frequency as would satisfy the demands of the system. After eighteen hours the patient demanded an opiate; hence the tincture of opium was allowed him, decreasing, however, the dose gradually, so that at the end of about two weeks the use of the opiate was entirely suspended. The *avena sativa* was continued about two weeks longer, when the patient reported himself able to do without either.

A. W., æt. 29 years, asthmatic four years and a half ago, when his physician ordered him to procure morphine and dissolve one or two

grains in cherry laural water and take it for his dyspnoea. This advice, as unprofessional as unwise, the unwary victim followed, and it was not long before the habit grew upon him, with what result is soon told. He kept increasing the quantity so that eighteen months ago he consumed daily twelve grains, and when I was consulted, Feb. 24th, 1883, he used daily twenty grains, divided in four doses of five grains each. He made several efforts to give up the habit, but he never was able to abstain from morphine longer than three days. He would suffer intensely from a creeping sensation, commencing at the extremities and gradually spreading over his entire body. Feb. 25th, he took but one dose of two grains of morphia, and three twenty-drop doses of the *avena sativa*. This did not prevent the unpleasant creeping sensation; hence I ordered him to increase the amount and frequency of the doses of the *avena*, and gradually to diminish the amount of the morphine. On the 4th of March he had reduced the morphine to three doses of one-quarter grain each, and had increased the *avena sativa* to ninety-five drops three times a day without feeling the first bad symptom, excepting a difficulty in reading, due to the toxicological effect of several doses of the fluid extract of belladonna, which had been increased gradually from three to ten drops. Since then I have had no further news from the patient.

I now subjoin cases reported by other physicians:

MELROY, Ind., May 26th, 1882.

I am giving the con. tr. *avena sativa* for the *morphia habit*, and I find it will cure, I believe, *all cases, no matter how long they have been the slave of this opium monster*. I think this is the greatest discovery of our age.

F. M. POLLITT, M. D.

FORT COVINGTON, N. Y., May 24th, 1882.

The con. tr. *avena sativa* worked to a charm in the *morphia habit*. H. H. Kane to the contrary. Having tried *Cannabis Indica*, Jamaica dogwood, coca, etc., in this case, I am so well satisfied with the *avena* that I intend to try it next time I have a case of the kind.

JAMES MACFIE, M. D.

NORTH DANA, Mass., May 5th, 1882.

I have used the con. tinct. *avena sativa* for two years or more, and in many cases with excellent success. I will state a few cases where it has given me great satisfaction:

Case 1.—Almost the first case in which I used it was a lady of 70 years, suffering with *insomnia*, from *asthenia*. I commenced giving the *avena* in eight-drop doses twice a day; after two days increased dose to twelve drops three times a day the last dose at bedtime. After she had taken it for one week she told me that she "slept as well as when a child." I continued its use for four weeks (gradually diminishing the quantity), when I discharged her. She has not had an attack of the same kind since.

2.—The next case, male, aged 38 years, suffered with *neurasthenic cephalalgia*. I commenced giving the *avena* in fifteen-drop doses in warm water. After four or five days I increased the dose to twenty drops. After ten days there were no pains in the head, and the patient said that he "felt better than for years." Continued the medicine one month.

3.—The third case, a lady, aged 39, was a *morphine eater*. At the time I saw her (one year ago) she had used it eight years, and was taking from seven to ten grains daily. I commenced giving the *avena* in fifteen-drop doses in warm water three times a day, besides at bedtime a dose in cold water. After giving it four days I increased the dose to twenty drops, and at bedtime to thirty drops. After taking the *avena* three weeks she said that she "had no desire for morphine any longer," and gave me the last bottle she had opened, quite half full at the time. I continued the *avena* six weeks, when she said that she "was entirely free of the habit."

4.—Another lady, aged 65, had used *morphia* for six or seven years: was taking about the same amount daily as the case last mentioned. I commenced by giving the *avena* in twenty-drop doses four times a day, and continued its use for four weeks, when I gradually took it away, and after six weeks' treatment she declared herself as "feeling better than for years, and entirely free from any desire for *morphia*."

S. WITT, M. D.

Under date of Feb. 28th, 1883, Dr. Witt writes:

"The *avena sativa* works *all right* when used. Have not had occasion to use it for the opium habit lately. Am using it considerably in neurasthenic conditions with satisfaction."

STEUBENVILLE, O., Sept. 4th, 1881.

I am dispensing quite a quantity of the con. tr. *avena sativa* at present, with satisfactory results.

W. R. BURGONE.

PLANTSVILLE, Conn., Oct. 29, 1881.

I have used the con. tr. *avena sativa*, with good effect.

S. J. ALLEN, M. D.

ONEIDA, N. Y., April 27th, 1882.

I have used the con. tr. *avena sativa* in a number of cases with excellent results.

H. W. CARPENTER, M. D.

PHILADELPHIA, Pa., April 20th, 1882.

I have found the con. tinc. *avena sativa* quite a resource when patients complain of insomnia from fatigue, and especially when they arise from sleep unrested, feeling, as they say, "more fatigued than when they retired." I have found it, invariably, to give relief. I prescribe from ten to fifteen drops on retiring. I have also used it for *hemiplegia* with good results.

WILLIAM F. WAUGH, M. D.,

Prof. of Practice of Medicine and Clinical Medicine,
Medico-Chirurgical College of Philadelphia.

CARL JUNCTION, Mo., March 14th, 1882.

The con. tr. *avena sativa* is giving good results, and I believe it is destined to become a valuable addition to our materia medica.

E. J. STAFFORD, M. D.

BLOOMINGDALE, N. Y., Aug. 28th, 1881.

The *avena sativa* is doing some wonders in my hands and in those of other physicians to whom I have supplied it,

SAML. L. WALLIAN.

EAST NEW MARKET, Dorchester Co., Md., Sep. 8, 1881.

Have been using the con. tr. *avena sativa* and am more than pleased with its effects.

J. T. JACOBS, M. D.

RICHMOND, Va., Nov. 10th, 1881.

It gives me great pleasure to add my most hearty endorsement of the invaluable con. tr. *avena sativa*. I have used and am using it largely in my practice, and with the most gratifying results in all cases to which it is seen to be adapted by the revelations of the test glass, our only sure guide. I never administered a medicine that gave me more satisfaction. It fills a vacuum long felt by me, and fills it well.

WM. B. GRAY, M. D.

Dr. Gray also writes, Feb. 27th, 1882 :

"I am more and more pleased with the *avena sativa*. Save in a case of Hystero-Epilepsy it has *never* failed me, and I shall continue to use it with a large number of my patients."

COLUMBUS, O., Oct. 23d, 1881.

The con. tinc. *avena sativa* has given the best satisfaction to those who have prescribed it. I prescribed it in two cases with best results. One case was a

young lady ailing from *sleeplessness*. The first day she took it it gave her rest for the night, and ever since. The other case was a bicyclist. He was so nervous that he could not sit and hold his bicycle, and in three days he was out and riding again.

J. MATT.

YARMOUTH, Me., Aug. 27th, 1881.

The con. tr. avena sativa has worked splendidly in my hands.

R. MACE, M. D.

DELAWARE WATER GAP, Monroe Co., Pa., July 30th, 1881.

I have just used half a pound of the con. tr. avena sativa, and found it to answer to my satisfaction in several cases.

J. B. SHAW, M. D.

Dr. Shaw writes, April 14th, 1882:

"I gave the avena sativa and con. tr. helonias comp. to two young ladies for irregular menstruation with the best results. One was a very obstinate case, but she is all right now."

PHILADELPHIA, Pa., July 18th, 1881.

I have used two bottles of con. tr. avena sativa, and I find it helps my paralysis and vertigo.

WM. ARMSTRONG, M. D.

BLUE RAPIDS, Kansas.

I am using the con. tr. avena sativa in my practice with remarkable success, but *only* as a nerve tonic. Have you any printed information? I would like to read up about it.

J. G. CRAWFORD, M. D.

HUMBOLDT, Neb. May 17th, 1882.

I have used con. tr. avena sativa in *puerperal mania* with best of results.

P. F. PATRICK, M. D.

CHATSORTH, Ill., March 12th, 1882.

I have used the con. tr. avena sativa in a number of cases with *excellent* results. Among which was Mr. C. G., aged 72, who was prostrated by an unusually severe attack of *paralysis*, affecting his entire right side, also his speech, so that he could not make himself understood except by signs. I gave him the avena in fifteen-drop doses every 2½ hours. In twenty-four hours a marked improvement was perceptible. Continued treatment, and before a week had passed his recovery was complete.

Case 2.—Mr. A. O., aged 55, had so far lost the use of his hands from *paralysis* that he had been unable to work at his trade (blacksmith) for nearly two years. Had been under treatment in various forms without benefit. I prescribed the con. tr. avena for him, and continued its use for about six weeks, when he had regained the entire control of his hands, and he is now working at his trade.

I have also used the avena in two cases of *sunstroke*, in both of which the result was *immediate relief* and a full restoration to health. In these cases I gave the avena in hot water, in doses of twenty to thirty drops every few minutes, or until animation is produced, then gradually decreased the dose and the frequency of giving.

Have also used the avena in my general practice as *nerve stimulant*, etc., with most gratifying success.

F. H. BOSTOCK, M. D.

TRENTON, Canada, March 3d, 1882.

I am pleased with the effects of the con. tr. avena sativa in *nervousness* as a *brain stimulant*.

GEO. DEANS, M. D.

HEMPSTEAD, Queens Co., L. I., May 19th, 1882.

I have used the con. tr. avena sativa in *paralysis* and *nervous* diseases with excellent result, and consider it one of the best nerve tonics in use, and will, in time, be used universally.

C. G. J. FINN, M. D.

VERONA, Miss., May 22d, 1882.

From the trial made with half a pound of con. tr. avena sativa, I am convinced that it is a superior *nerve tonic*.

R. C. CUNNINGHAM, M. D.,

Health Officer of Lee Co.

ALTOONA, Pa., June 12th, 1882.

The con. tr. avena sativa gives *wonderful* satisfaction—have never seen its equal as a *nervine*.

D. G. OWENS, M. D.

ELY, Ind., May 25th, 1882.

I have used the con. tr. avena sativa and find it one of the best *nerve tonics* I have ever used.

T. J. MCCOY, M. D.

WYOMING, N. Y., Dec., 1882.

I find the con. tr. avena sativa to be reliable, and I am using it with success in many cases needing something to *tone up* the system.

ROBT. WADSWORTH, M. D.

CHELSEA, Mass., Dec. 18th, 1882.

I have used the avena in many cases and it has always given the best results.

E. A. BROWN, M. D.

NORTH YARMOUTH, Maine, April 29, 1882.

I have been experimenting with the con. tr. avena sativa with favorable effects in the *opium habit*.

WM. OSGOOD, M. D.

IDAHO SPRINGS, Col., May 12th, 1882.

I have tried a small amount of the con. tr. avena sativa and am more than pleased with it in the *opium habit* and several other cases, such as in female diseases and nervous conditions.

CHAS. B. RICHMOND, M. D.

Dr. Richmond writes, May 23d, 1882:

"Patients tell me that they would rather by far have the avena than the opiates, except where there is severe pain from neuralgia or rheumatism. In the weak, nervous and sleepless females, from anæmia and uterine disorders, it has proved the very best remedy I have ever used. A bad case of the opium habit is doing everything that could be expected."

PRINCETON, Iowa, Dec. 14th, 1882.

I am wonderfully pleased with the effects of the con. tr. avena sativa in a case of *Dementia*.

D. A. KITTLE, M. D.

OSWEGO, N. Y., Nov. 14th, 1882.

I believe the new preparation (con. tr. avena sativa) will prove to be a great blessing to the community at large if I can judge by the few doses I have already given.

A. A. DESAULNIERS, M. D.

TOLEDO, O., Jan. 12th, 1883.

I have cured one case of *creeping paralysis*, benefited a case of a year's standing; and in the last case, a lady of 35, who could not move one leg nor arm for three weeks, began to move the leg after using the avena sativa only two days.

A. W. CHASE, M. D.

SOCIAL HILL, Hot Springs Co., Ark., Dec. 12, '82.

I gave the con. tr. avena sativa to a person who was suffering from *nervousness* caused by the use of *alcohol*, and it acted like a charm. I am also using it in a case addicted to the use of *opium*, and find that it enables the patient to do with half the quantity of the opium that he used before. I give from one drachm to two or three drachms without any unpleasant effects.

J. A. WATSON, M. D.

POULTNEYVILLE, N. Y., Nov. 6th, 1882.

I have been giving the con. tr. avena sativa in thirty-drop doses four times a day, but I had to let my patient have about two grains of morphia a day as well, to keep him up. I stopped the morphine for eighteen hours, but found great depression, nervousness, and the usual symptoms of abstinence came on. I have increased the dose of the avena, as far as I dared, that is, to a drachm, and twice to a drachm and a half, but he had none of the toxicological symptoms of the drug. As long as those symptoms do not occur, would it be wise to push the dose as high as its equivalent in morphine, stopping the morphine entirely, and giving

only the *avena*? It makes him comfortable, and he already has a better, brighter look. The skin is losing that parchment-yellow color. It seems to constipate the bowels in this case, but causes considerable urine. This case is a bad one, I know; for after taking morphine so many years, to the amount of ten grains and over a day, it will take some time to recover his nervous energy. I think to drop from ten grains to two grains a day since Oct. 30th (one week) is considerable, but I did not like to give him more than a drachm or drachm and a half without advice from some one who had used it and studied its effects. Please write me how high I may push the dose, and if it may be taken oftener than four times a day if *necessary*.

W. C. MUNROE, M. D.

ADAMSVILLE, O., Jan. 10th, 1883.

G. M., aged 33 years, merchant, had circumscribed peritonitis and thickening for some time. On account of pain and tenderness, his physician prescribed morphine in small doses, but he used it afterwards, of his own accord, until the habit was established. He tried hard to break off, but he would always be taken with great prostration and irritation of the stomach, vomit everything he took and would get down, and finally in about thirty-six hours would take morphine again, and in a short time feel all right. While under its influence he commenced to take whisky and beer to keep from the morphine. He also tried different doctors, but all the same. When I was consulted he would take stimulants and then increase the morphine to keep off *big head* (as he called it), taking one drachm of morphine every two days. He was miserable, and when trying to quit it said, if the suffering and agony of *hell* was as *bad* he wanted to steer clear of the place. I tried valerian, and nearly all nerve tonics and nerve stimulants, and to diminish the dose of the morphine, but all did no good. I then told him of the *avena sativa* about which I had read, and he said if he could quit without so much suffering he would; if not, he could not bear the agony, and would take it and die as soon as possible. I obtained the *avena* and prescribed it in fifteen-drop doses whenever he felt the need of morphine, which was four times a day; and for two nights I gave him about a one-fourth grain of morphia, when he said he could do without it if he did not suffer any more. Thus he left off taking morphine, and has never taken another dose of it. The first night without morphine he slept reasonably well, and each succeeding night better, until five nights, when he slept well; then I gave him only three doses of the *avena* for three days, then two doses for three days, then only one dose in the evening for one week. All this time he rested very well, said his suffering was nothing to what he had expected, and that any one could go through it with half grit. [His own language.] Since then he has taken neither *avena* nor morphine, and is now well, and has no desire for any stimulant, and says that "he would not have the habit for the world." He has gained thirty pounds, namely, he has now his original weight. He never was an intemperate man until the morphine was prescribed for him by a physician, through which he was ruined, losing nearly all his property and a great deal of self-respect. He had never been without morphine for more than thirty-six to forty hours since he had contracted the habit, namely, during three years.

A. L. JACKSON, M. D.

WURTSBOROUGH, N. Y., May 22d, 1882.

The con. tr. *avena sativa* is doing wonders in my hands. It is greater than quinia, morphia, etc. In certain diseases its action is miraculous. Will report after a while. Am using it daily, and have been for about a year.

G. H. LATHROP, M. D.

WEST SUMNER, Maine, Dec. 17th, 1882.

Last August Dr. C. M. Bisbee, our family physician, commenced to treat me for the opium and morphine habit with the con. tr. *avena sativa*. I have used morphine and opium twenty years. I readily got over the habit, but my strength was gone, and my whole body was like ice. To do justice all around, I think that I was so nearly worked down that I would have been laid upon a sick bed within a very short time if I had not given up the opium habit. I am now growing stronger, eat well, sleep well, and am growing fleshy, but there is such a coldness in my limbs and through the hip. Now, what I wish to know is this: Is this the effect of the disease or the opium, or leaving off the opium? I left off taking the drops at one time, but I am taking them now, for they are

doing me good. Will you write me and let me know how much is nerve and how much is disease, and give me some advice.

Miss J. A. B.

112 PROSPECT PLACE, BROOKLYN, N. Y., April 11th, 1881.

The con. tinc. avena has given me *very* great satisfaction, for after two years' treatment I had failed to get any good result in a case of epilepsy of six years' standing, due to injury of the head of a child now 15 years old. Finally, six months ago, I used the avena only, and judging from the most positive and great improvement, I can base the result upon that only. I shall further use it in traumatic deposits in the nervous centers. Respectfully yours,

D. W. KISSAM, M. D.

Con. tinc. avena sativa is *par excellence* a remedy for neurasthenia. It is a *nerve-food* of stimulating and tonic properties unequalled by any other remedy. It gives increased vitality to the whole nervous system. It should be thought of in defective menstruation from neurasthenic causes, in neuralgia, or any disturbance of the great nerve-centers, cerebro-spinal meningitis, and all forms of nervous debility from inebriety, opium-eating, excessive use of tobacco (have just used it in such a case successfully), and sexual excess or nervous strain. I am using it in such cases with great satisfaction.

Very truly yours,

D. M. HODGE, M. D.,

127 East 125th street, N. Y.

COLUMBUS, O., Dec. 1882.

I have on trial now one of the most inveterate cases of chloral habit on the continent, in which I am using the con. tr. avena sativa. The case is that of a young man, the son of one of our wealthiest and most influential citizens, who has been addicted to the habit for years. He has been taking, habitually, three hundred (300) grains at a dose, and in one instance took eight ounces (2 viii.) from three to eleven o'clock P. M., with the effect of two days' sleep. He has had every opportunity of cure that money could procure, both in the way of private treatment and hospital retreats, with negative results. He came to me one month ago. I placed him on the con. tr. avena sativa, twenty drops three times a day, with instructions to increase to half teaspoonful if urgency of symptoms seemed to demand it. He, of his own accord, took it in teaspoonful doses the first week; during this time he did not sleep any, although he says he had no desire for the chloral hydrate. He now commenced to sleep—sleeping soundly all night—and to feel better generally. He reduced the dose to half a teaspoonful accordingly. He is doing splendidly: says he has not the least desire for the drug; feels well; eats, drinks and sleeps with his old time gusto, and is actively engaged in business.

D. TOD GILLIAM, M. D.,

Prof. Physiology, Sterling Med. Col., Columbus, Ohio.

Prof. Gilliam writes, Dec. 20th, 1882:

"The case is progressing finely. The patient's name is ———, but I would not have you use it without his consent."

GREENPORT, L. I., Jan. 26, 1883.

Case 1.—Miss M., dressmaker, æt. about 40 years, of rather delicate organization and nervous temperament. Disease, *neurasthenia*. Attended to work from sheer force of will for one year, then succumbed and was prostrated utterly. After more than a year and a half usual treatment, with rest, tonics, nervines, diet, etc., was very little better, hardly able to stand on her feet and walk across the room by holding on to furniture. After reading your paper on Avena Sativa, I sent her a small bottle. One month after she wrote me that she was decidedly better in every way, and could walk without support, and was going to take a trip to Minneapolis. After reaching there she wrote me, saying that she made the trip with surprisingly little fatigue, and whenever she felt faint or tired the avena always "braced her up." She returned last September, and has since been taking care of an invalid sister, besides doing housework and sewing.

Case 2.—Mrs. B., æt. 60. *Insomnia and nervous debility* for years. After taking the avena for one week could sleep much better, and now, three months after, is feeling in better health and getting nearly five hours uninterrupted sleep.

Case 3.—Mr. Ch., æt. 30, painter. *Dyspepsia and melancholia*. Dyspepsia cured by usual remedies, and the melancholia by the avena.

Case 4.—Mrs. M., heart disease (mitral), *dyspnoea* and *insomnia*: much benefited by the *avena*.
H. A. LANGDON, M. D.

JOHNSTOWN, N. Y., Dec. 9th, 1882.

I saw your printed address on the Opium Habit, and being a victim of morphia I concluded to try the con. tr. *avena sativa*, and with gratifying results.

DR. W. A. K. (Dentist.)

The Doctor writes, Dec. 14th, 1882:

"I will endeavor to give you a full history of my case, and as this is the fourteenth day since I quit using the morphine, and I have no desire to use any as yet, I consider myself cured. *History*.—32 years old, slight built, nervo-bilious temperament, rather dark, not strong, but with average health usually. One year ago, in October, I was prostrated with loss of nervous energy, caused by overwork and malaria, living at that time on the Hudson River at Castleton. I could not rest or sleep, and I sent for a young physician, and he gave me hypodermic injections of morphia, which of course quieted me, and I was soon able to go out, but on the withdrawal of the morphine I would be restless and sleepless, and would have more morphine inserted, until at last I was a victim of morphia. I tried in vain to stop it and hide it from my friends, until in desperation I took liquor to break it off, and had a regular debauch. I went into the country, but still the habit grew upon me, until from quarter grain doses hypodermically I have taken internally twenty grains at one dose, not being able to use the syringe because it made ulcers on my arms; I kept increasing the dose gradually, until one drachm would last me only three days. As near as I can recollect, I commenced to take it steadily in February, 1882, and stopped at once, Dec. 1st, exactly. I commenced taking the *avena* in forty-drop doses, and for the first two days took six or seven doses a day. I took no morphine, but the *avena* kept my nerves pretty steady; but I did not sleep well, in fact slept very little at first. Now, at the fourteenth day, I eat heartily; slept last night at least four or five hours, and have decreased the dose of the *avena* to twenty drops four times a day. Four or five hours of natural sleep refreshes me more than a night's sleep under anodynes, having had chloral hydrate prescribed me on the ninth day by Dr. R. H. Cameron. I broke from the habit of my own accord, as it would soon have killed me as it was, and although I suffered some pain, and do yet a little, I believe any one with half a mind can be cured if he will use the con. tr. *avena sativa*, and is willing to suffer no more than most opium eaters suffer who take large doses of the drug. It is my opinion, Doctor, that unless the patient is very weak the best way is, to be cured, to stop the use of the morphine at once. One will certainly be cured quicker even if they suffer the first few days. I consider the *avena* to be the best and only good nerve tonic in use to-day. I feel sanguine that I am not going back to morphine. Thanking you for the interest you have taken in my case, and, above all, for discovering the use of the *avena sativa* in the opium habit, I remain, etc."

Jan. 1st, 1883, the Doctor writes:

"I take both pride and pleasure in informing you that I am nearly well. My appetite is good, almost too much of it, if anything, and I sleep from six to eight hours at night without any anodyne, but take the *avena* yet. I think, however, I could do without it if it were necessary. It is now thirty-one days since I stopped the use of the morphine, and I am in every way improved in health. Sometimes there is a sharp pain across my shoulder-blades, and especially so on the appearance of a storm, but probably the pains are neuralgic, and possibly I should ascribe the cause to the effect of the old habit. I presume, as my general health is regained, those pains will disappear, as at present they are not as severe as they were a short time ago.
W. A. K."

LEWISTON, Maine, Jan. 31st, 1883.

I used the con. tr. *avena sativa* in a case of loss of voice. It did well after other remedies had failed.

A. D. MUCHMORE, M. D.

MAPLETON, Iowa, Feb. 10th, 1883.

I have used the con. tr. *avena sativa* in two cases of *paralysis*, with success in both cases. I am 69 years of age, and am about giving up the practice of medicine. I consider this medicine a superior nerveine.

A. A. KINNEY, M. D.

BROOKLYN, N. Y., Feb. 19th, 1883.

More than a year since I have proved the excellent virtues of the *avena sativa*, and I feel it my duty to add my testimony to the worth of this comparatively new medicine. Although my testimony may have but little influence in removing the prejudices from *some* of the profession, still that does not exonerate me, as a philanthropist and lover of true science, for withholding my experience from the profession. I wish to report one in the interest of *progress*.

My patient, a man of 59 years of age, is the subject of hypertrophy of the heart, for which I had been treating him six months since. About three weeks ago he had another attack, so acute that a physician near by was employed, who gave him some pills and ordered him to drink whisky and brandy, which he did to such an extent as to nearly produce *delirium tremens*. When sent for I found him in a state of intense excitement, great pain and irregular action of the heart, cold extremities, bowels constipated, white, heavy coating on tongue, pulse 80, weak and very irregular. I employed the usual remedies indicated, which often acted unkindly. His nights were spent in wretchedness, and sleep could only be obtained by the use of chloral; the complications forbade the employment of any other hypnotic. He became steadily worse. Finally a consultation was agreed upon. I had treated this man one whole week, often calling twice a day, and had not thought of the *avena* until, returning to my office after visiting him, my eyes rested upon a two-ounce bottle of the con. tr. *avena sativa*. Although it was late, I resolved to go at once to my patient, for I feared I might not see him alive in the morning. I discontinued the use of all medicine except sulphate of sodium, which I had prescribed to overcome the acid condition, and gave him twenty drops of the *avena sativa* in hot water, and ordered twenty drops to be given in four hours, and in six hours after another twenty drops, and so on until I called again. The result was, when I next saw him, so much improvement that I could hardly realize the change as *real*. The heart's action, though somewhat weak and irregular, approached a normal condition to a degree that I had not noticed before. He said that he had slept more after the second dose than he had in two weeks, and felt better every way than he had for the past month or two. I attribute this happy change to the *avena sativa* alone. Four days ago I commenced its use in this case. He is still taking it, and is steadily improving. There was no consultation. The main object I had in relating this case is to add my testimony to the sedative powers of this remedy.

I was speaking to another physician about its use in this case. His reply was, "I have used it, and consider it superior to chloral where that drug is usually employed." I hope the profession will give the *avena sativa* a trial. Every physician is justified in being cautious in the use of new remedies, but there are some whose prejudice is a barrier to their success and the cause of much human suffering. I have no doubt but that the *avena* is soon to become one of the best, if not *the* best agent, wherever its use is indicated, by all the different schools.

I forgot to say that the *night sweats* with which my patient had been troubled for a long time have ceased since the use of the *avena sativa*.

S. SHEPPERD, M. D.

NICHOLSON'S GAP, Ala., March 3d, 1883.

My wife was paralyzed last September. Dr. A. B. Cotman ordered her a bottle of the con. tr. *avena sativa*, which has given good satisfaction. In several other patients, who were similarly afflicted, it also proved satisfactory.

M. M. N.

JERSEY CITY, N. J., March 15th, 1883.

I have used the *avena sativa* in *paralysis* with astonishing success, relieving my patient in much less time than with any other remedy. In all cases of headache of nervous females it is one of the best remedies. Last but not least, I find it the only remedy that has ever given me entire satisfaction in the treatment of spermatorrhoea.

RUFUS W. PEACOCK, M. D.

BARNESVILLE, Ga., March 22d, 1883.

The con. tinct. *avena sativa* has been more successful in the treatment of the **opium** habit than anything I have ever tried, and I have tried various other remedies, amongst them the advertised nostrums. J. C. HOLLOWAY, M. D.

Although my first paper was written hurriedly, and was necessarily very concise, I see no occasion to change a single statement therein made. Time will, I feel quite certain, establish the truth of every assertion. Though this discussion mainly concerns the opium habit, I have embodied other cases, viz: One of asthenic insomnia, six of insomnia, two of neurasthenic cephalalgia, two of neurasthenia, three of nervousness, one of loss of voice, two of melancholia, one of dementia, one of puerperal mania, two of sunstroke, one of anæmia, two of dyspnœa, one of vertigo, one of spermatorrhœa, two of tobacco habit, two of alcoholism, one extreme case of chloral habit, eleven of paralysis, one of creeping paralysis, one of epilepsy, a number of cases of irregular menstruation, as well as of different female diseases, such as dysmenorrhœa, etc., not to mention the many cases in which it has manifested itself as the best nerve tonic, nerve and brain stimulant, sedative, laxative and diuretic. These have been embodied here, because they even more than corroborate my statements, some of which had been so lightly rejected.

OTHER POINTS CONSIDERED.

A few other points in my paper are further established by the case of a physician, who wrote to me on reading the same. By following my directions he readily reduced the quantity of twelve and more grains of morphia per day to three doses daily of gr. $\frac{1}{10}$, but found it about impossible to reduce that quantity. Hence he called to see me May 19, 1882, to ascertain what might be done for him. I found he had very weak lungs, the left in particular being very much so; and on the same side he suffered intense pain. Accordingly, in accordance with the suggestions which I made in my first paper, instead of giving him opium, I administered to him a single dose of medicine for his special affection, and May 28th the Doctor writes: "The first of the week, say for four or five days after I saw you, I was comparatively free from chest pains; rest of the week occasional pains through left side, not so severe or frequent as previous to my visit to you. I have reduced dose of morphia from gr. $\frac{1}{10}$, which I was taking when I visited you, to the gr. $\frac{1}{15}$. I find it much more difficult to reduce the fractions of doses than the grains and half grains at the start."

This is the only case that came under my immediate care which, properly speaking, has not been entirely cured of the opium habit, and the reason is stated in my first paper, page 6: "It is not proposed to cure all manner of diseases by the *avena*," and "the *avena sativa* is a cure for the 'opium habit,' unless the patient is afflicted with some other incurable disease." In a case like this it would be folly to undertake a cure, unless one could first cure his lungs; yet the Doctor has improved most wonderfully in every respect, so much indeed that he has resumed his practice.

The other point concerns the quantity of the dose. The Doctor experimented upon himself by gradually increasing doses, commencing with fifteen drops of *avena sativa* every fifteen minutes until he finally took two *teaspoonfuls* (120 minims) at a dose, without experiencing the physiological effect of the drug. Put this alongside of the directions in my paper: "Give the *avena sativa* in the opium habit, etc., in hot water as often as the system demands, and in doses sufficient to produce the desired effect," and we will doubtless find the reason why certain cases have not been cured. Some of the very worst cases may require, at the com-

mencement of the treatment, more than this doctor took, namely, doses from two drachms and upwards, requiring thus one to two ounces, or even more, during the first twenty-four or forty-eight hours. But the physician must at all times watch for the physiological symptoms. My further experience corroborates my published directions, quantity and frequency of the dose being the main questions. Some bad cases have been cured with comparatively small doses, while others required larger doses. Every case has its own particular history and must be studied by itself. As a rule, however, medium doses, repeated as often as required, generally produce the best effect.

CAUTION.

I seriously object to those who dilute the *con. tinc. avena sativa*, making a so-called "mother tincture" thereof, without publishing the relative strength of their dilutions. For a medical man to employ the *avena sativa* in an attenuated form from choice, because it acts, is one thing; to pay a high price for and obtain a greatly diluted tincture, expecting to receive the *con. tinc.*, is quite another thing, and nothing short of fraud. When my readers are informed that the strength of the *con. tinctures* is at least from *eight to ten times* that of the mother tinctures, they can readily calculate the amount they would needs have to give of the latter, for instance, in a case of the opium habit, to represent the drug force of the *con. tinc.*, and that the amount of alcohol would become dangerously large. No wonder that patients thus treated become inebriates, although they are cured of the opium habit.

Suppose, now, that a certain per cent. of cases not afflicted with any other incurable disease should baffle a physician in curing them with the *avena sativa*, would that invalidate the claims of this new remedy? Has any one ever heard *quinine* spoken against in the treatment of intermittent fever, because it fails to cure very many cases? So far from it, that doctors generally do not only use it now as much as ever, but continue abusing it most fearfully; for the abuse of this drug is second only to that of opium.

I must add, too, that I have thus far looked in vain for a single one of the twenty-nine cases which we have been told the *avena* not merely failed to cure, but in which it is said not to have had any beneficial results whatever. In a short article published in the *Med. Gazette* of July 1st, 1882, I offered "to take any one of these cases and treat it myself, but here, at New York, and under my own supervision, and thus test the virtues of the drug which I recommend." Where are these cases? I have also heard of *one* case where the patient took to drinking after he had been cured of the opium habit. But, let me ask, will any one blame me or my remedy for this? Had this patient been treated by the diluted tincture of which I spoke before, we might reason from effect to cause; but this I do not know, and my readers will remember that I caution them against employing this form of the drug.

I have also learned of *another* case where the patient returned to this dreadful habit, "like the sow that was washed to her wallowing in the mire," after having been disenthralled by this remedy, when many others had failed, from a long captivity for months. But am I, or the remedy which I recommend, to be held responsible for this? Not so long as I

have not recommended the *avena sativa* as an infallible remedy to keep people from falling from grace. I know a physician who returned to this same habit, and I am far from blaming any of the remedies which had once enabled him to turn his back against an enemy so diabolical. It will be observed that the *avena sativa* has cured most of the cases of the opium habit herein related, without administering any other remedy, and, in some, where many others had failed. But should any case require other remedies, let them by all means be given. The intelligent physician will readily choose the proper one or ones in any given case. Among others might be mentioned, if tonics are required, iron, quinine and strychnine, to which may be added electricity, both for its tonic and sedative effect; the latter will be enhanced by such remedies as hyoscyamus, Jamaica dogwood and digitalis; among the best anodynes, narcotics and hypnotics may be mentioned gelsemin, lupulin, cannabis indica, belladonna, the bromides and baths; as stimulants, coca and xanthoxylin; to correct gastric derangement (such as want of appetite, coated tongue, acidity, etc.), the bicarbonate of sodium. In conclusion, let me first thank those who have so kindly sent reports of cases treated by the *avena sativa*. I continue to invite thorough and faithful investigation of this remedy, and correct reports of cases treated thereby, favorable or unfavorable, will be thankfully acknowledged. Secondly, I am more than ever of the opinion that all cases of the opium habit can generally be cured by this remedy, provided they be properly treated, and there are no other diseases involved which require the administration of opium. And, thirdly, let me assure the profession that I have no home or asylum to advertise, and that I seek no notoriety. I simply contend for the truth in this matter, and labor for the thousands of hopeless fellow mortals who are condemned to a worse than African slavery.

I would call the attention of the profession to the following, from the *Medical Record* of Feb. 24th, 1883:

"THE STIMULATING PROPERTIES OF OATS.—We have heard much lately about the remarkable therapeutical powers of *avena sativa*, which powers have been generally discredited. M. Bouley recently presented to the Académie des Sciences the results of investigations by M. A. Sansom upon the subject. Experiments were carried on at the Ecole de Grignon. With the aid of Du Bois Reymond's apparatus, the neuro-muscular excitability in horses was tested before and after the ingestion of oats. Numerous and repeated experiments have established, says M. Sansom, the following facts:

"1. The pericarp of the oat contains a substance, soluble in alcohol, which has the property of stimulating the motor cells of the nervous system.

"2. This substance is nitrogenous, and probably belongs to the group of the alkaloids. It is uncrystallizable, brownish, finely granular. Its formula (subject to verification) is $C_{50}H_{21}NO_{18}$. It is called *avenine*.

"3. All varieties of oats contain some of this alkaloid, but not to an equal extent. The differences depend upon soil as well as variety. The *variété* noire generally contains the most.

"4. If the amount of avenine is below 0.9 per cent. of dried oats, it is insufficient to cause excitation.

"No facts are given regarding the effect of the avenine upon the human organism."

The following affidavits, from the manufacturer of the preparations which I have been using, will show that the preparation is in no sense a

nostrum, and that any person is free to manufacture the same and place it upon the market under the same name. I also append sworn statements giving the working formulæ for making both the *concentrated tincture* and the *active principle*.

I sincerely hope that these affidavits and the added formulæ will effectually remove all foolish objections to the character of the new remedy, especially in the case of such of my colleagues as do not hesitate to prescribe and use secret and trade-marked preparations, such as Milk of Magnesia, McMunn's Elixir, or Squibbs' Deodorized Tincture of Opium, which the National Dispensatory calls "a *somewhat similar* preparation, but containing chloroform and acetic ether," Chlorodyne, the various cod liver oil emulsions, Horsford's Acid Phosphates, Norwood's Tincture of Veratrum Viride, and many other preparations.

STATE OF NEW YORK, }
CITY AND COUNTY OF NEW YORK, } ss:

GEORGE H. KEITH, being duly sworn, says that he is a member of the firm of B. Keith & Co., doing business at No. 41 Liberty St., in the City of New York. That the said firm do not claim the words "concentrated tinctures" or the abbreviated form thereof, to wit, "con. tinc." although they have used the words "concentrated tinctures", and said form, "con. tinc." during the past twenty-six years, and that they have no trademark as connected with their concentrated medicines.

Sworn to before me this 25th }
day of February, 1882. }

GEO. H. KEITH.

PEARCE BARNES,
Notary Public, City and Co. of N. Y.

STATE OF NEW YORK, }
CITY AND COUNTY OF NEW YORK, } ss:

GEORGE H. KEITH, being duly sworn, says that he is a member of the firm of B. Keith & Co., doing business at No. 41 Liberty St., in the City of New York. That the "con. tinc. avena", as prepared by said firm, is made by dissolving in alcohol the *active principle* of common oats (grain); also that there is no admixture of any kind whatever with "con. tinc. avena" as so prepared (as above stated). That said firm make no compounds or mixtures except as stated upon their labels.

Sworn to before me this 23d }
day of February, 1882. }

GEO. H. KEITH.

PEARCE BARNES,
Notary Public, New York Co.

STATE OF NEW YORK, }
CITY AND COUNTY OF NEW YORK, } ss:

GEORGE H. KEITH, being duly sworn, says that he is one of the members of the firm of B. Keith & Co., which firm does business at No. 41 Liberty St., in the City of New York. That said firm, in manufacturing the active principle of the avena sativa (common oats), tincture the grain of commerce with alcohol, withdraw alcohol from the same, and distill off alcohol, leaving, as result, extract *impure*. As different extracts from the article require different treatment, the reagents for precipitation must be left to judgment of chemist. That said firm then take the resulting precipitation and dissolve one ounce thereof in ten ounces of alcohol to make "con. tinc. avena sativa."

Sworn to before me this 24th }
day of March, 1882. }

GEO. H. KEITH.

PEARCE BARNES,
Notary Public, City and Co. of N. Y.

FORM FOR REPORTING CASES.

I would respectfully invite the profession kindly to send me reports of cases of the opium or morphine habit that they may treat by the Avena Sativa, and in so doing they will greatly oblige me if they will answer the following questions:

Age?

Sex?

How long addicted to the habit?

Amount of morphia or opium taken?

How was the habit formed?

If through a physician, state why the drug was prescribed, and in what form—opium, morphine, per mouth or hypodermically?

How long before the habit was established?

How rapidly the doses were increased?

What symptoms manifested themselves?

State whether in female patients menstruation stopped or became irregular?

Did change of life occur earlier than usually?

Was the patient given to falsify?—if so, in what respect?

Did the patient come to seek relief voluntarily, or was he induced to come by a friend?

What was the condition of the patient with respect to pulse, temperature, pupil, bowels, appetite, dysmenorrhœa, etc.?

What was the mental condition?

Was the drug withdrawn suddenly or gradually, and in what proportion?

What symptoms of abstinence presented themselves? How were they met?

In what doses, and how frequently was the Avena Sativa administered?

Did it meet all the symptoms?

Was any other drug administered?—if so, what ones, and for what symptoms?

How soon were the doses of Avena Sativa diminished? How long continued?

Was ever the physiological action of this remedy (fullness or pain at the base of the brain) manifested?—if so, under what doses?

Was a perfect cure wrought?

Do you know of any cases of accidental poisoning by the administration of opiates?—if so, please state particulars?

E. H. M. SELL, M. D.,

(After May 1st,) No. 222 West 21st Street.



CON. TINC. AVENA SATIVA.

Derived from—Avena Sativa.

Common name—Oats.

Part used—The grain.

Properties.—Nerve stimulant, (tonic, laxative and solvent, we believe by increase of nerve power).

Employment.—We first prepared the active principle from the Oats in 1858, since which time we have been experimenting with it in different diseases, but, as space will not allow, can name only a few of the most important, among which are paralysis, and all cases where there is a deficiency of nerve power. It is of great value in sick headache, constipation, kidney troubles, chorea, neuralgia of the stomach and bowels, and almost a specific in cases of neuralgia of the uterus, coldness of different parts of the body depending upon want of nerve force—being given with podophyllin and quinine, or podophyllin and hydrastin, it will give relief found from no other combination. In painful and deficient menstruation it is invaluable, especially in combination. (See Con. Helonias Comp.) Specially recommended in diseases of females when they have a burning feeling on top of the head. Epileptic fits are greatly relieved by its use. Lancinating pains, cramps, alcoholism, sterility of females when not of an organic character, diphtheria, measles, scarlet fever, whooping cough, dysentery, diarrhoea, sleeplessness, as an antidote for the opium habit, in all congestive difficulties, for loss of nerve power so common among ministers, lawyers, public speakers and writers, and in fact in the convalescent stage of all acute diseases.

Dose, from ten to thirty drops, or more, as often as may be indicated to meet the urgency of the case. Would especially recommend its administration in **HOT WATER** during the day (as its action is so much quicker) and in **COLD WATER** at night on retiring, as it has a more extended influence. When given in *hot* water its action is almost instantaneous. An *overdose causes pain at base of the brain*.

PUT UP ONLY IN BOTTLES AS BELOW:

2 oz.—Price 60 cts.; 8 oz.—Price \$1.85; 16 oz.—Price \$3.50.

Manufactured by **B. KEITH & CO.,**

Send for Manual, &c.

41 LIBERTY STREET, N. Y.

